

St. Joseph's RC High School

Prayer Resources



Summer Term 2020
Part One

Serving God through learning together.

Guidance for staff.

1. Always start and end form reflection with the Sign of the cross in Welsh.

Yn enw'r Tad, ar Mab ar Ysbryd Glan. Amen.

2. Insist that pupils are reverent throughout the reflection.

3. Always invite the students to read and share their thoughts.

4. Set the tone. Relaxing music or a flameless candle is always a good way to calm the pupils in the afternoon.

5. **Be prepared.** Some reflections may have music or a video so allow time to load and check speakers.

20th Ebrill 2020
Cycle A



Serving God through learning together.

A soft, painterly illustration in the background shows a family of four working together at a wooden workbench. A man on the left is using a hammer on a piece of wood. A woman in the center is holding a piece of wood steady. A young boy on the right is looking on. The scene is set in a workshop with a window in the background showing a landscape with trees.

**Gather
Casglu**

**Yn enw'r Tad,
a'r Mab
a'r Ysbryd Glan.**

Amen

Listen Gwrandu

Reading **John 20:19-31**

Jesus Appears to His Disciples

19 It was late that Sunday evening, and the disciples were gathered together behind locked doors, because they were afraid of the Jewish authorities. Then Jesus came and stood among them. “Peace be with you,” he said. **20** After saying this, he showed them his hands and his side. The disciples were filled with joy at seeing the Lord. **21** Jesus said to them again, “Peace be with you. As the Father sent me, so I send you.” **22** Then he breathed on them and said, “Receive the Holy Spirit. **23** If you forgive people's sins, they are forgiven; if you do not forgive them, they are not forgiven.”

Jesus and Thomas

24 One of the twelve disciples, Thomas (called the Twin), was not with them when Jesus came. **25** So the other disciples told him, “We have seen the Lord!”

Thomas said to them, “Unless I see the scars of the nails in his hands and put my finger on those scars and my hand in his side, I will not believe.”

26 A week later the disciples were together again indoors, and Thomas was with them. The doors were locked, but Jesus came and stood among them and said, “Peace be with you.” **27** Then he said to Thomas, “Put your finger here, and look at my hands; then reach out your hand and put it in my side. Stop your doubting, and believe!”

28 Thomas answered him, “My Lord and my God!”

29 Jesus said to him, “Do you believe because you see me? How happy are those who believe without seeing me!”

30 In his disciples' presence Jesus performed many other miracles which are not written down in this book. **31** But these have been written in order that you may believe[a] that Jesus is the Messiah, the Son of God, and that through your faith in him you may have life.

Leader: The Word of the Lord

ALL: Thanks be to God

Reflect Adlewyrchu

Theme of the Week **Believing without seeing**

Sometimes people say, 'I won't believe unless I see it.' One of the friends of Jesus, Thomas (nicknamed 'Doubting'), said it, when he heard that Jesus had been seen alive after his death. Jesus appeared again and said to Thomas, 'Come on, then, touch and see.' Thomas believed. One billion 800 million friends of Jesus today (Christians in the world) believe in the Risen Jesus without seeing. 'Happy are those who have not seen, but believe,' said Jesus.



Reflect Adlewyrchu

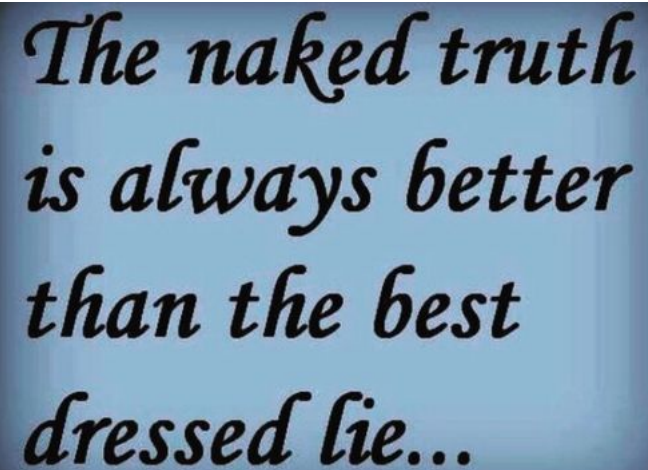
Think & Reflect

Teacher: Draw something random on the board. Move an object in the class room then shout out a random word. Walk out of the room and straight back in again.

Pupils: tell your teacher one by one what you witnessed.

Some of you will give an almost exact account, some of you may have a different perspective, others may not have noticed anything at all.

Talk about the importance of being a witness in today's society



*The naked truth
is always better
than the best
dressed lie...*

What you think is meant by the quote above? How does it relate to the Gospel?

Respond Ymateb

Prayer of the Week

Heavenly Father and God of mercy,
we do not look for Jesus among the dead,
for he is alive.

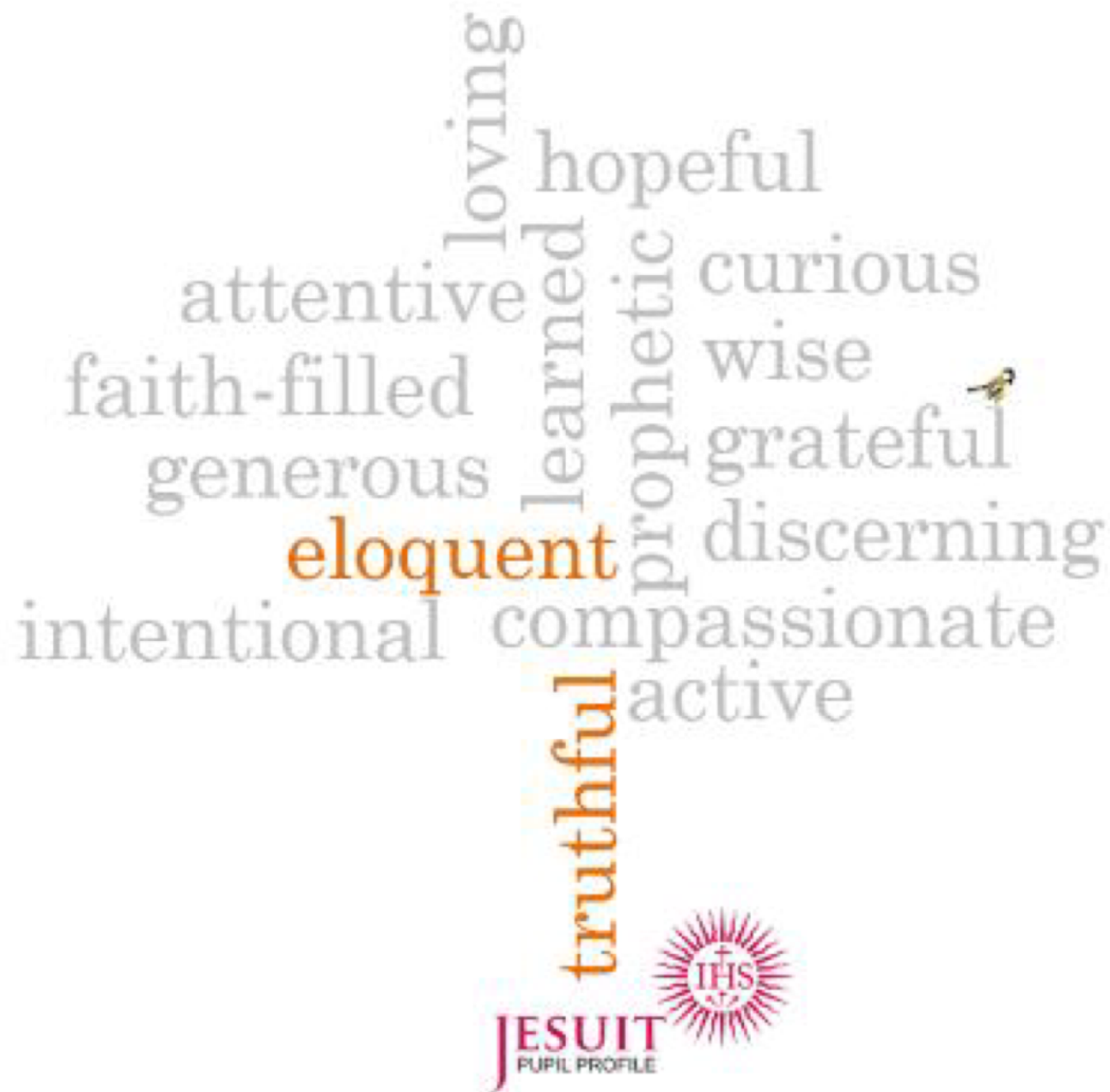
Increase our faith that we may believe
without looking for evidence.

May our faith and trust grow every day.
Amen.

Go Forth
Mynd allan

**Yn enw'r Tad,
a'r Mab
a'r Ysbryd Glan.**

Amen



Term Five

Eloquent & Truthful

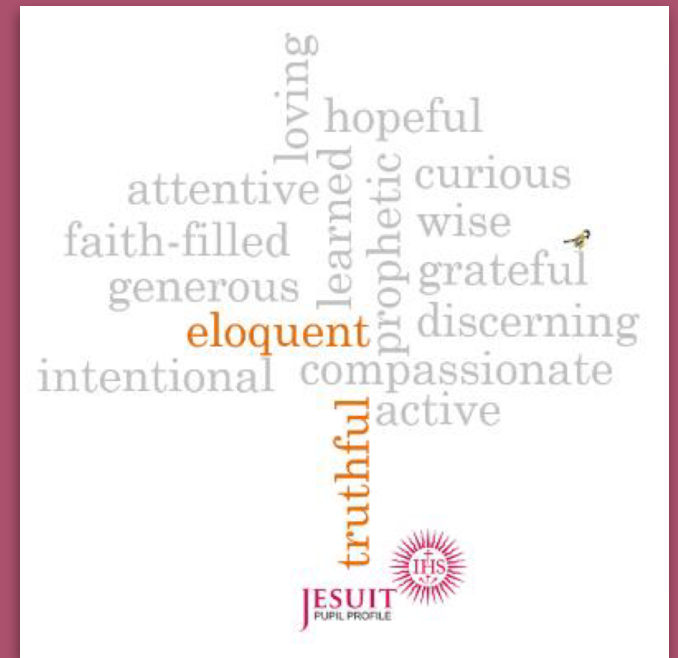


Focus: What is eloquence?

Eloquence is powerful, moving, magnificent use of language. Simply put, if you have eloquence, then you're one smooth talker. But how can one become an eloquent Christian? Most Christians feel compelled to share their faith, but they are either afraid to do so or they just don't know how. Your faith can be more than writing and speaking. Eloquence can be expressed in all different ways such as through art, poetry and music. It's about using our gifts and talents to share our faith in a meaningful way.

Eloquence Challenge

1. Discuss with your teacher your favourite hymn. Explain how the words and music reflect your Faith.
2. Research a Saint who was an Eloquent speaker and share the information with the class during the next Form Reflection.



Papal Plenary

“We should not be trapped into wasting our energy in doleful laments, but rather seek new forms of missionary creativity.”

Pope Francis



27th Ebrill 2020
Cycle A



Serving God through learning together.



Gather
Casglu

Yn enw'r Tad,
a'r Mab
a'r Ysbryd Glan.

Amen

Listen Gwrandu

Reading **Luke 24:13-35** **The Walk to Emmaus**

On that same day two of Jesus' followers were going to a village named Emmaus, about seven miles from Jerusalem, and they were talking to each other about all the things that had happened. As they talked and discussed, Jesus himself drew near and walked along with them; they saw him, but somehow did not recognise him. Jesus said to them, "What are you talking about to each other, as you walk along?" They stood still, with sad faces. One of them, named Cleopas, asked him, "Are you the only visitor in Jerusalem who doesn't know the things that have been happening there these last few days?" "What things?" he asked. "The things that happened to Jesus of Nazareth," they answered. "This man was a prophet and was considered by God and by all the people to be powerful in everything he said and did. Our chief priests and rulers handed him over to be sentenced to death, and he was crucified. And we had hoped that he would be the one who was going to set Israel free! Besides all that, this is now the third day since it happened. Some of the women of our group surprised us; they went at dawn to the tomb, but could not find his body. They came back saying they had seen a vision of angels who told them that he is alive. Some of our group went to the tomb and found it exactly as the women had said, but they did not see him."

Then Jesus said to them, "How foolish you are, how slow you are to believe everything the prophets said! Was it not necessary for the Messiah to suffer these things and then to enter his glory?" And Jesus explained to them what was said about himself in all the Scriptures, beginning with the books of Moses and the writings of all the prophets. As they came near the village to which they were going, Jesus acted as if he were going farther; but they held him back, saying, "Stay with us; the day is almost over and it is getting dark." So he went in to stay with them. **30** He sat down to eat with them, took the bread, and said the blessing; then he broke the bread and gave it to them. Then their eyes were opened and they recognised him, but he disappeared from their sight. They said to each other, "Wasn't it like a fire burning in us when he talked to us on the road and explained the Scriptures to us?"

33 They got up at once and went back to Jerusalem, where they found the eleven disciples gathered together with the others **34** and saying, "The Lord is risen indeed! He has appeared to Simon!"

35 The two then explained to them what had happened on the road, and how they had recognised the Lord when he broke the bread.

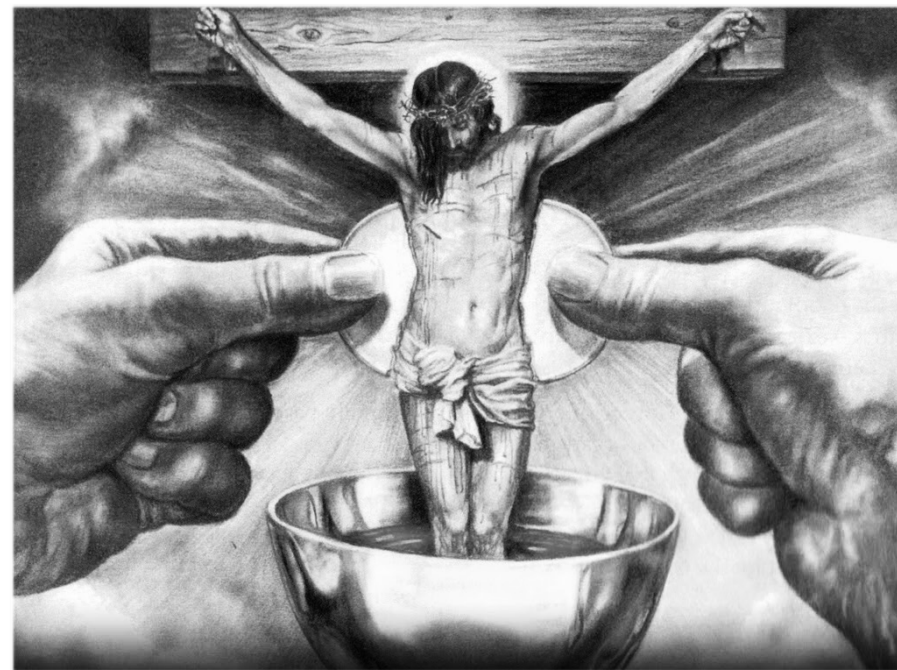
Leader: The Word of the Lord

ALL: Thanks be to God

Reflect Adlewyrchu

Theme of the Week **Meeting Christ in the Eucharist**

‘I will be with you always,’ Jesus promised his followers. ‘Do this in memory of me,’ Jesus said at the Last Supper. By breaking bread together and sharing the cup (in other words, by receiving Holy Communion), we are doing what he asked and we are making him present to us. We really meet with the Risen Christ in the sacrifice and the sacrament of the Eucharist.



Reflect Adlewyrchu

Think & Reflect



How many of you recognise the sign above?

Many people visit this place to eat and meet friends. We go to the Eucharist for the same reasons; to meet our friend Jesus and to eat. We not only eat to keep our physical bodies alive but also our spiritual bodies. The Body of Christ helps us stay spiritually alive and well.

Can you think of other ways a Christian can remain spiritually well?

Respond Ymateb

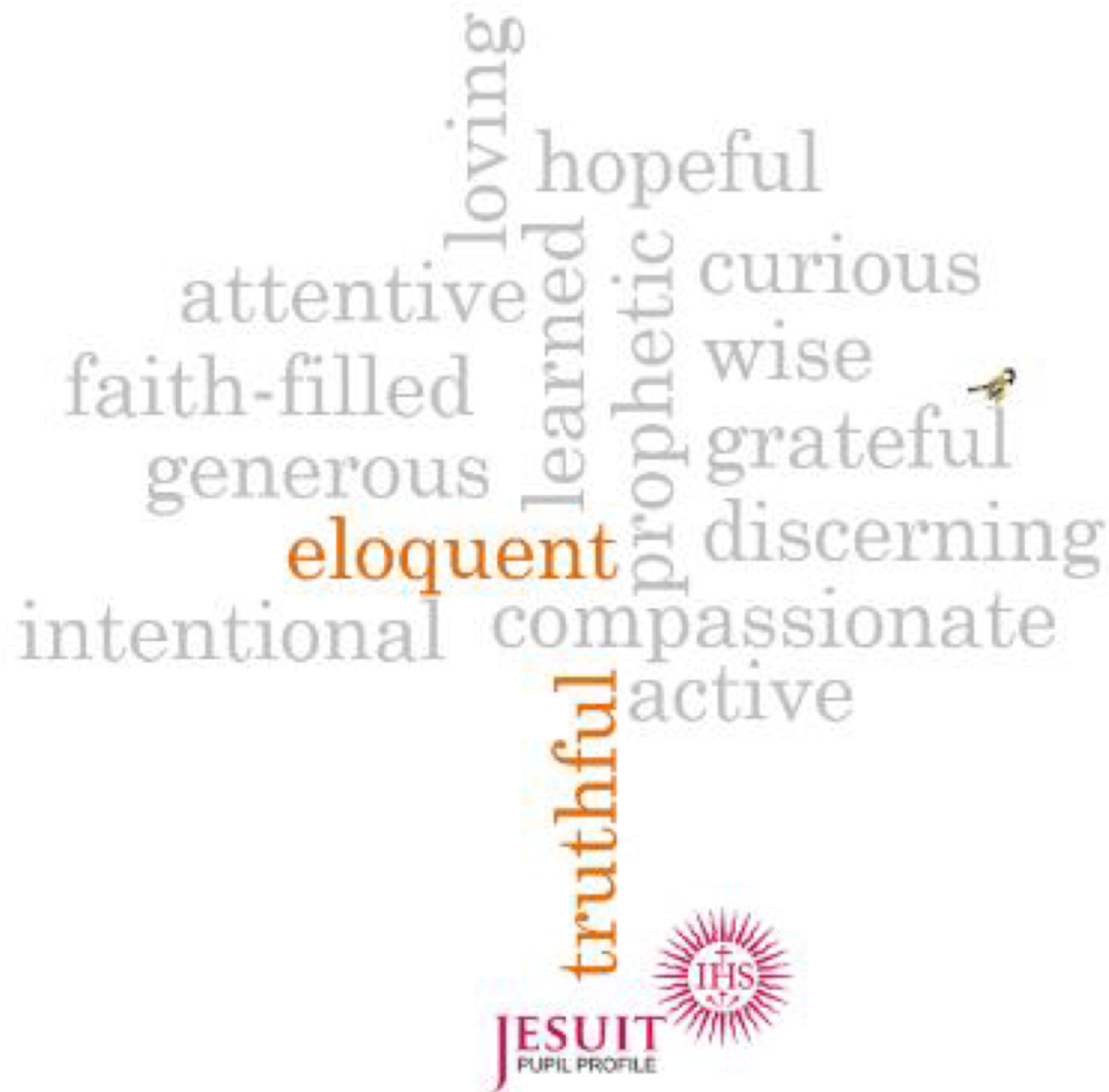
Prayer of the Week

God our Father,
may we look forward with hope to our
own resurrection,
for it is promised every time that we
receive your Son in Holy Communion.
Amen.

Go Forth
Mynd allan

**Yn enw'r Tad,
a'r Mab
a'r Ysbryd Glan.**

Amen



Term Five

Eloquent & Truthful



Focus: The Eloquence of God

The Book of Hebrews in the New Testament was written to a group of Jewish Christians whose world was falling apart. The author of the book was writing to admonish and encourage his friends, a small group of Jewish Christians who were scared stiff! Some had begun to avoid contact with outsiders and some had even withdrawn from the worshiping community altogether. Through these magnificent words, the troubled church was brought face to face with the God who speaks – the eloquence of God. God spoke in the past, and He speaks in the present in His Son. And this eloquence, the ultimate eloquence of the final word in God's Son, would bring them comfort in the midst of life's troubles.

Eloquence Challenge

1. Think carefully about how words could comfort someone who is going through a tough time. How would you phrase them so that it is caring and loving? How could you accurately incorporate God's Word into this?



Papal Plenary

“What we say and how we say it, our every word and gesture, ought to express God's compassion, tenderness and forgiveness for all”

Pope Francis



4th Maí 2020
Cycle A



Serving God through learning together.



Gather
Casglu

Yn enw'r Tad,
a'r Mab
a'r Ysbryd Glan.

Amen

Listen Gwrandu

Reading

John 10:1-10

The Parable of the Shepherd

10 Jesus said, “I am telling you the truth: the man who does not enter the sheep pen by the gate, but climbs in some other way, is a thief and a robber. **2** The man who goes in through the gate is the shepherd of the sheep. **3** The gatekeeper opens the gate for him; the sheep hear his voice as he calls his own sheep by name, and he leads them out. **4** When he has brought them out, he goes ahead of them, and the sheep follow him, because they know his voice. **5** They will not follow someone else; instead, they will run away from such a person, because they do not know his voice.”

6 Jesus told them this parable, but they did not understand what he meant.

Jesus the Good Shepherd

7 So Jesus said again, “I am telling you the truth: I am the gate for the sheep. **8** All others who came before me are thieves and robbers, but the sheep did not listen to them. **9** I am the gate. Those who come in by me will be saved; they will come in and go out and find pasture. **10** The thief comes only in order to steal, kill, and destroy. I have come in order that you might have life—life in all its fullness.

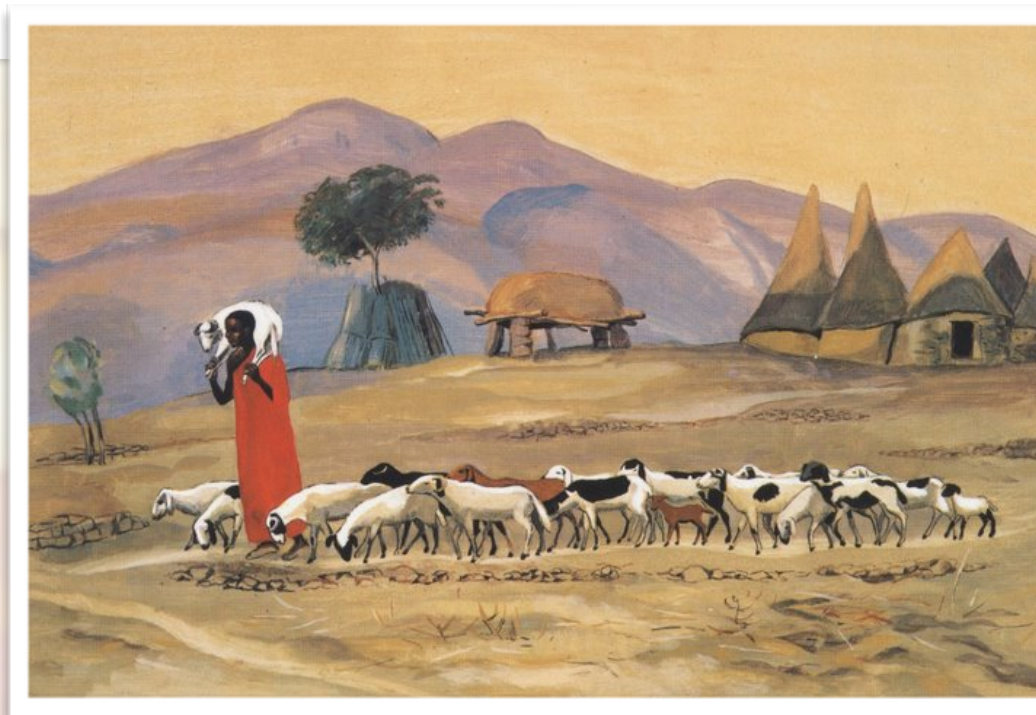
Leader: The Word of the Lord

ALL: Thanks be to God

Reflect Adlewyrchu

Theme of the Week **The Good Shepherd**

We don't see shepherds at work and have very fanciful ideas about them and their cuddly sheep. A real shepherd was a tough, outdoor man, who led mixed herds of sheep and goats which wandered stupidly all over the place. Jesus said that he was like a good shepherd who cares for us, his mixed herd. At times we wander rather senselessly all over the place. Following our Good Shepherd can give real meaning and direction to our lives.



Reflect Adlewyrchu

Think & Reflect

Look carefully at the following pictures and explain how these people help care for those around them. Can you think of anymore?



Respond Ymateb

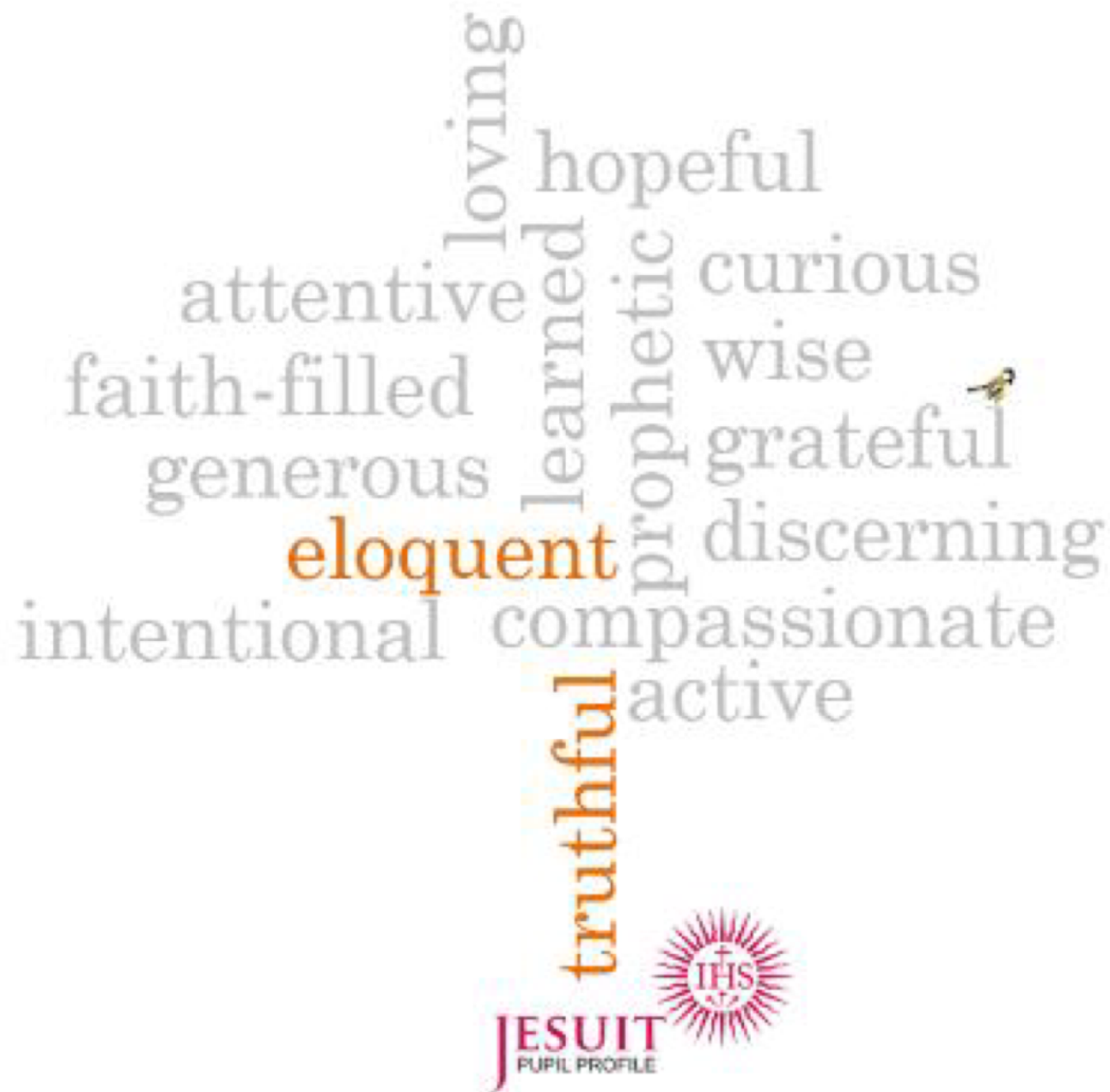
Prayer of the Week

Almighty and ever-living God,
please give us the strength and the
courage that we need to follow
Christ, our Good Shepherd.
May we trust him completely
especially when life is confusing and hard.
Amen.

Go Forth
Mynd allan

**Yn enw'r Tad,
a'r Mab
a'r Ysbryd Glan.**

Amen



Term Five

Eloquent & Truthful



Focus: Peter's Eloquence.

Some may say that St Peter was one of the most eloquent speakers of his time. He had learnt everything he had from Christ but his time came during the coming of the Holy Spirit at Pentecost. When Peter addressed the confused yet curious crowds, he was not only speaking words, he was speaking them with unction, with fire, with emphasis, never heard in his tone before. He gave the house of Israel a new chance. "Therefore let all the house of Israel know assuredly" — it is as if Peter would say, "Now you have the opportunity of escaping all the past and beginning a new and glorious future."

Eloquence Challenge

1. Using exactly 25 words (no more, no less), explain the Catholic nature of St. Joseph's High School. You have 1 minute to prepare. The point of the task is to accurately inform the audience and be selective in your choice of words; thus being Eloquent!



Papal Plenary

“In our preaching, which is always respectful and gentle, the first step is ‘personal dialogue’.”

Pope Francis



11th Mai 2020
Cycle A



Serving God through learning together.



**Gather
Casglu**

**Yn enw'r Tad,
a'r Mab
a'r Ysbryd Glan.**

Amen

Listen Gwrandu

Reading

John 14:1-12

Jesus the Way to the Father

14 “Do not be worried and upset,” Jesus told them. “Believe[a] in God and believe also in me. **2** There are many rooms in my Father's house, and I am going to prepare a place for you. I would not tell you this if it were not so.[b] **3** And after I go and prepare a place for you, I will come back and take you to myself, so that you will be where I am. **4** You know the way that leads to the place where I am going.”

5 Thomas said to him, “Lord, we do not know where you are going; so how can we know the way to get there?”

6 Jesus answered him, “I am the way, the truth, and the life; no one goes to the Father except by me. **7** Now that you have known me,” he said to them, “you will know[c] my Father also, and from now on you do know him and you have seen him.”

8 Philip said to him, “Lord, show us the Father; that is all we need.”

9 Jesus answered, “For a long time I have been with you all; yet you do not know me, Philip? Whoever has seen me has seen the Father. Why, then, do you say, ‘Show us the Father’? **10** Do you not believe, Philip, that I am in the Father and the Father is in me? The words that I have spoken to you,” Jesus said to his disciples, “do not come from me. The Father, who remains in me, does his own work. **11** Believe me when I say that I am in the Father and the Father is in me. If not, believe because of the things I do. **12** I am telling you the truth: those who believe in me will do what I do—yes, they will do even greater things, because I am going to the Father.

Leader: The Word of the Lord

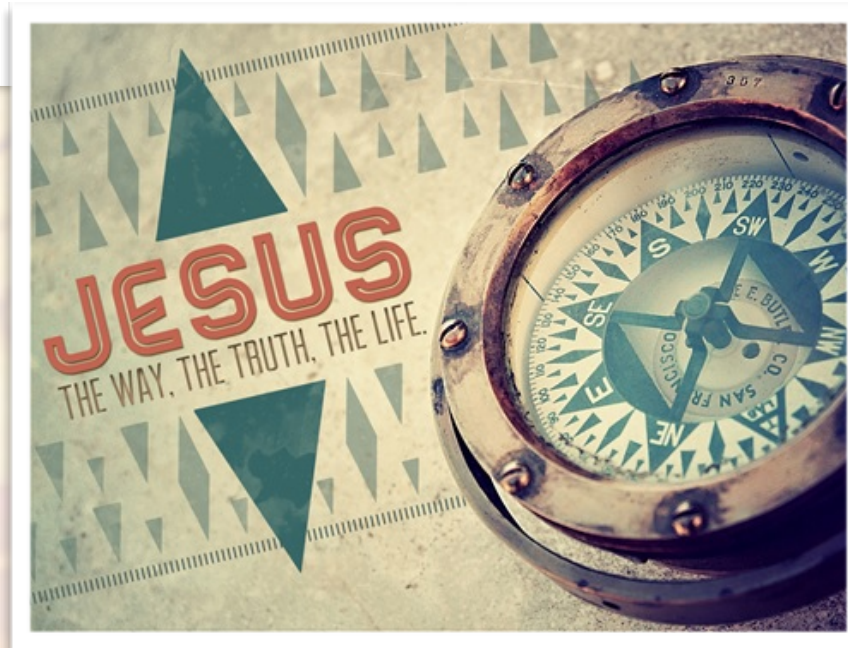
ALL: Thanks be to God

Reflect Adlewyrchu

Theme of the Week

Christ - The Way, The Truth and The Life

At the beginning of Christianity, before they were nicknamed 'Christians', the followers of Jesus called themselves 'The People of the Way'. Jesus had said, 'I am the Way, the Truth and the Life', and his followers realised that *the way* to a happy, fulfilled life was to follow the Way of the love of God and of other people. Jesus is the Way to God.



Reflect Adlewyrchu

Think & Reflect

How many of you have ever been lost in an unfamiliar place? It's not always a great experience. How did you find your way?

It's so much easier when someone gives you good directions or can take you directly to the place you're looking for. Jesus does both; he tells us how to find our way in life and he is prepared to show us the way if we remain close to him through regular prayer.

As class, create a short prayer to help us remain close to our Lord.

Let us rejoice in the
truth, wherever we
find its lamp burning.

Albert Schweitzer

What do you think is meant by the above quote?

Respond Ymateb

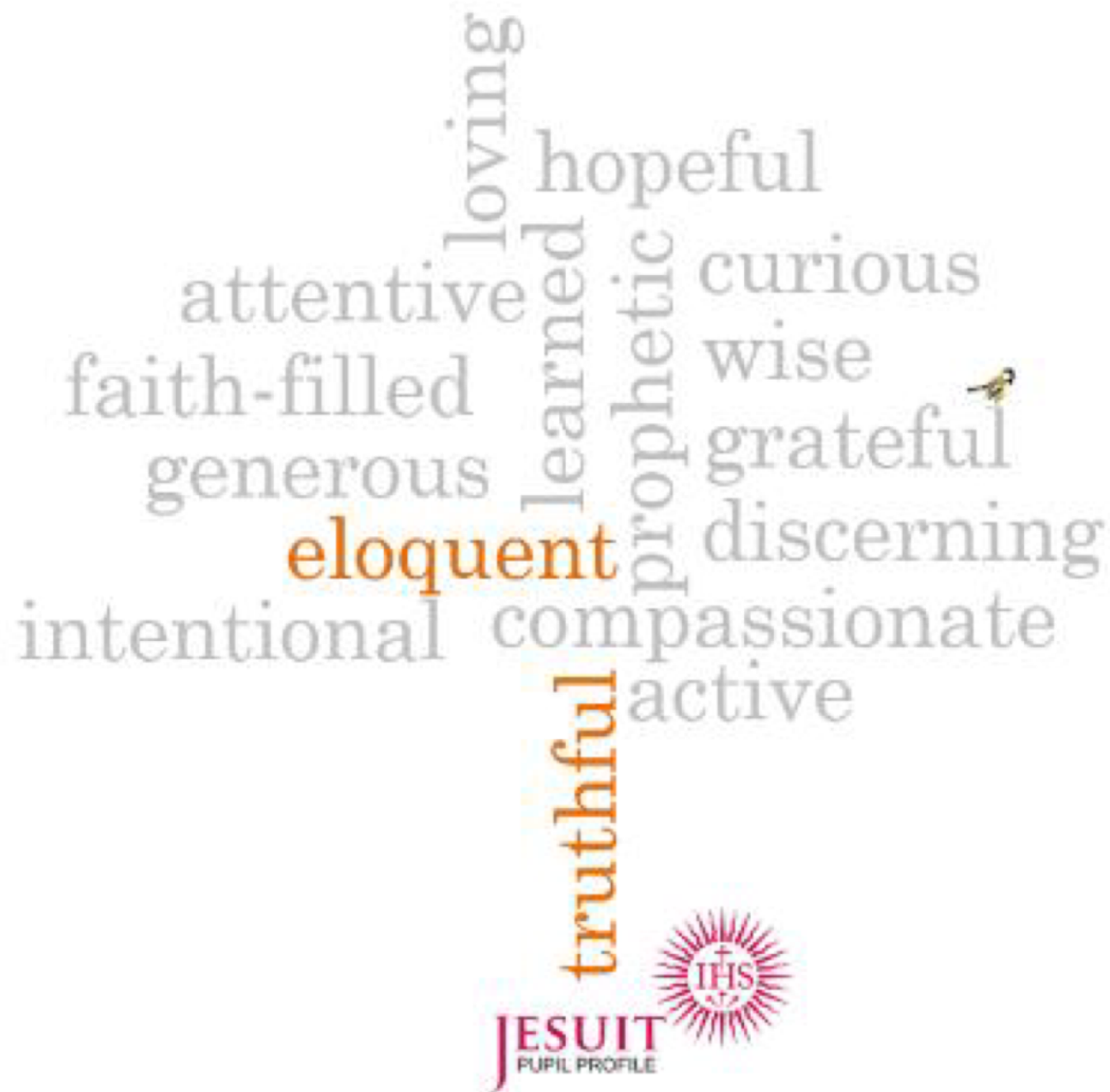
Prayer of the Week

God our Father,
look upon us with love.
Your Son has showed us
the Way to live and to love.
He has given us the truth that will set us
free to live lovingly as we follow
such a wonderful friend and guide.
Amen.

Go Forth
Mynd allan

**Yn enw'r Tad,
a'r Mab
a'r Ysbryd Glan.**

Amen



Term Five

Eloquent & Truthful



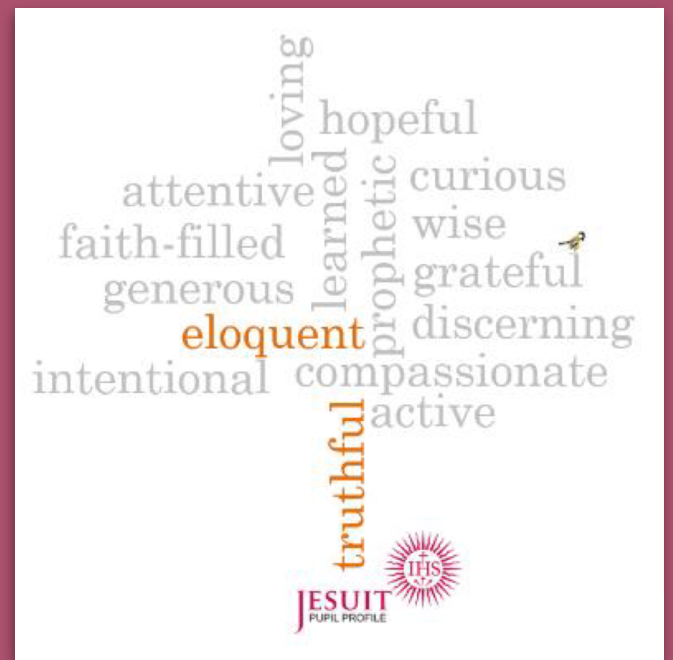
Focus: Nothing but the truth

The truth is, we all struggle constantly to be truthful. If you're not struggling, then you're not truthful, because our human default mode is to bend the truth to our own advantage. Think of some of the ways that we easily can fall into lying. There's the half-truth. You tell the truth as far as you go, but you just don't tell the whole truth, so that you convey a false impression. The entire Bible makes it clear that we must be truthful. That doesn't mean that we must share all of our thoughts or be brutally honest. We must speak the truth in love. St Peter once said "Love covers a multitude of sins" which implies that we should speak with truth but not broadcast everything we know about someone.

Truthful Challenge

Answer the following as truthful as possible

1. On a scale of 1 to 10, how honest are you right now?
2. Can you think of another example of how our culture seems to make it easy to tell lies?
3. Is it ever ok to lie? If the answer is yes, how do you know when it is ok or not?
4. What do you think Jesus meant when he said that "if you are faithful in little things, you will be faithful in large ones" (Luke 16:10)?



Papal Plenary

"Truth is a marvellous revelation of God, of his Father's face, is his boundless love,"

Pope Francis



18th Maí 2020
Cycle A



Serving God through learning together.

A soft, painterly illustration in the background shows a family of four working together at a wooden workbench. A man on the left is using a mallet to shape a piece of wood held in a vice. A woman stands behind him, observing. A young boy on the right is also working on a piece of wood. The scene is set in a workshop with a window in the background showing a landscape with trees.

**Gather
Casglu**

**Yn enw'r Tad,
a'r Mab
a'r Ysbryd Glan.**

Amen

Listen Gwrandu

Reading

John 14:15-21

The Promise of the Holy Spirit

15 “If you love me, you will obey my commandments. **16** I will ask the Father, and he will give you another Helper, who will stay with you forever. **17** He is the Spirit, who reveals the truth about God. The world cannot receive him, because it cannot see him or know him. But you know him, because he remains with you and is in you.

18 “When I go, you will not be left all alone; I will come back to you. **19** In a little while the world will see me no more, but you will see me; and because I live, you also will live. **20** When that day comes, you will know that I am in my Father and that you are in me, just as I am in you.

21 “Those who accept my commandments and obey them are the ones who love me. My Father will love those who love me; I too will love them and reveal myself to them.”

Leader: The Word of the Lord

ALL: Thanks be to God

Reflect

Adlewyrchu

Theme of the Week

The Spirit of Truth

When a friend is going away for a long time, or for good, they often give a 'going away' gift; something to remember them by. Jesus did that; he promised before he died that he would give his friends the gift of the 'Spirit of Truth', the Holy Spirit. Good friends of Jesus, who try hard to follow him, are transparently honest and sincere; they often do not realise how wonderfully they show that they possess the gift of the Spirit.



Reflect Adlewyrchu

Think & Reflect

Start a game of *Chinese Whispers*. A message (piece of news) is whispered to one pupil who must pass it on, with only the next person hearing it, around the whole room. The last person to receive the message repeats it aloud; the first then says what she/he was told. Comment on human communication; and, in contrast, how the Spirit has been passing on from century to century the truth about God and it is still the same today as it was when first spoken.

Every truth without
exception- and
whoever may utter it-
is from the Holy Spirit.

Thomas Aquinas

What do you think is meant by the quote above?

Respond Ymateb

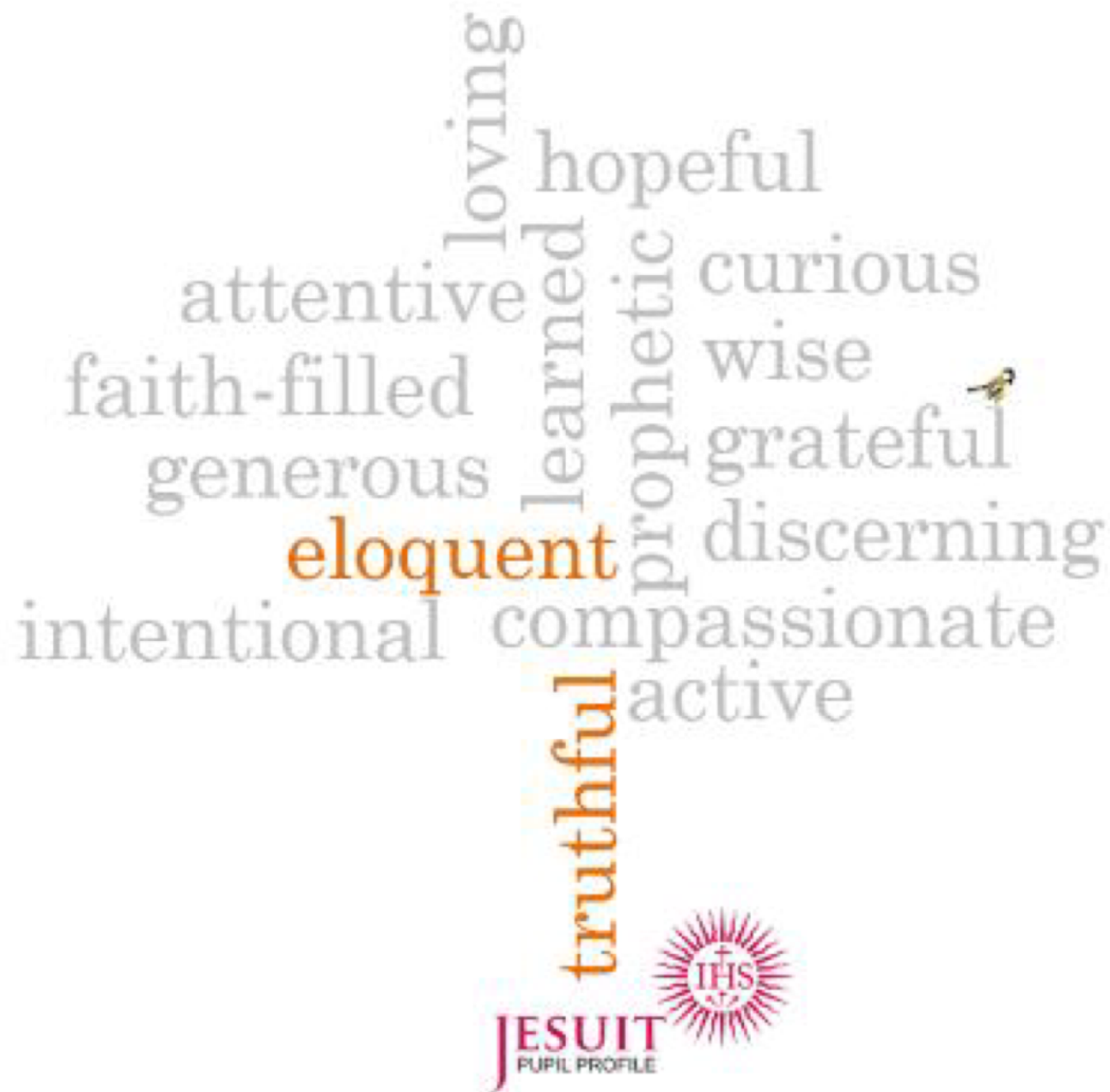
Prayer of the Week

Ever-living God,
fill us with the Spirit of your
truth, love and peace.
Help us to live by the truth and enjoy
the peace that only you can give.
Amen.

Go Forth
Mynd allan

**Yn enw'r Tad,
a'r Mab
a'r Ysbryd Glan.**

Amen



Term Five

Eloquent & Truthful

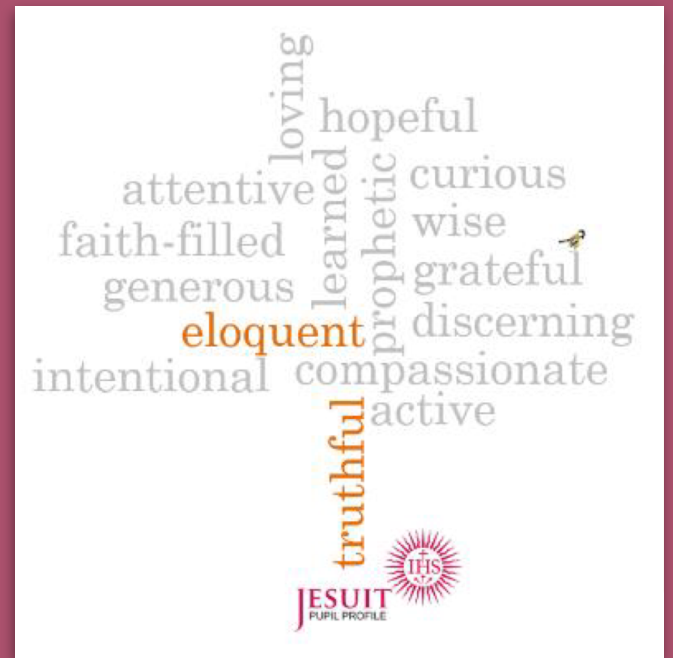


Focus: Living in Jesus' truth

Jesus once used the phrase “I am the way, the truth and the life to emphasise Himself as “the only truth”. In the Sermon on the Mount, Jesus reminded His listeners of several points of the Law, then said, “But I say unto you . . . thereby equating Himself with the Law of God as the authoritative standard of righteousness. In fact, Jesus said that He came to fulfil the Law and the prophets Jesus, as the incarnate Word of God is the source of all truth. If we can follow Jesus' way and live in his truth it will give life; eternal life.

Truthful Challenge

On the next slide you will find a list of statements. As a class, you must decide whether they are true or false.



Papal Plenary

“Christians are called not only to refrain from telling falsehoods, but to conduct their entire lives - both words and actions - as a witness to the Truth that is Jesus Christ”

Pope Francis



Truthful Challenge

1. Martha was Jesus' mother.
2. Moses built the ark.
3. David was a biblical king.
4. Jacob killed Goliath.
5. Jonah was swallowed by a whale.
6. Cain killed his brother Abel.
7. Paul was a missionary.
8. Jacob had no children.
9. Jesus died on the cross.
10. John betrayed Jesus.

ANSWERS ON THE NEXT SLIDE

Answers!

Truthful Challenge

1. Martha was Jesus' mother. (F)
2. Moses built the ark. (F)
3. David was a biblical king. (T)
4. Jacob killed Goliath. (F)
5. Jonah was swallowed by a whale. (T)
6. Cain killed his brother Abel. (T)
7. Paul was a missionary. (T)
8. Jacob had no children. (F)
9. Jesus died on the cross. (T)
10. John betrayed Jesus. (F)

Was it easy to pick out the false statements?

If not, what can we do to improve recognising the truth (read the bible more often)?

Over the next week, find these stories in the Bible or you may be just relying on your teachers and peers telling you the 'truth'. Find out the truth yourselves!